

Reason

拍数: 128 墙数: 1 级数: Phrased Intermediate
编舞者: Mayee Lee (MY) - July 2013
音乐: Just Give Me a Reason (feat. Nate Ruess) - P!nk



Intro: Start after 16 counts or start at 0.11 second of the music

Sequence of dance : A,B, (C- Tag1 -C) , A, Tag2, C, Tag2, C, (C32) (A16)

(C- Tag1 -C means dance after 32 counts of Part C, add Tag 1, and continue with steps 33 to 64 of Part C)

Part A (32 counts)

Sec 1 : Rock R Diagonally, Recover, R Back, Straighten L, Step L Down, Rock R Diagonally, Recover, ½ Turn R

- 1 – 4 Rock R to diagonally L(1)(10.30), recover on L(2), step R diagonally back(3), straighten on L(4) 10.30
5 – 8 Step L down(5), rock R to diagonally L(6), recover on L(7), ½ turn R step R forward & sweep L(8) 6.00

Sec 2 : L Jazz Box, Recover, Side, Cross L, Sweep R

- 1 – 4 Cross L over R(1), step R back(2), step L to L(3), cross R over L(4) 6.00
5 – 8 Recover on L(5), step R to R(6), cross L over R(7), sweep R from behind to front(8) 6.00

Sec 3 : Rock R Diagonally, Recover, R Back, Straighten L, Step L Down, Rock R Diagonally, Recover, ½ Turn R

- 1 – 4 Rock R to diagonally L(1)(5.30), recover on L(2), step R diagonally back(3), straighten on L(4) 5.30
5 – 8 Step L down(5), rock R to diagonally L(6), recover on L(7), ½ turn R step R forward & sweep L(8) 12.00

Sec 4 : L Jazz Box, Recover, Side, Cross L, Sweep R

- 1 – 4 Cross L over R(1), step R back(2), step L to L(3), cross R over L(4)
5 – 8 Recover on L(5), step R to R(6), cross L over R(7), sweep R from behind to front(8) 12.00

Part B (32 counts)

Sec 1 : Step R Forward, Sweep L, Step L Forward, Sweep R, Rock R Forward, Recover, R Coaster Step

- 1 – 4 Step R forward(1), sweep L(2), step L forward(3), sweep R(4)
5 6 7&8 Rock R forward(5), recover on L(6), step R back(7), step L beside R(&), step R forward(8) 12.00

Sec 2 : Step L Forward, Sweep R, Step R Forward, Sweep L, Rock L Forward, Recover, L Coaster Step

- 1 – 4 Step L forward(1), sweep R(2), step R forward(3), sweep L(4)
5 6 7&8 Rock L forward(5), recover on R(6), step L back(7), step R beside L(&), step L forward(8) 12.00

Sec 3 : R Side Mambo, Hold, L Side Mambo, Hold

- 1 – 4 Rock R to R(1), recover on L(2), step R beside L(3), hold(4)
5 – 8 Rock L to L(1), recover on R(2), step L beside R(3), hold(4) 12.00

Sec 4 : R Forward, Hold, Back, Back, Back, Together, Hold 2 Counts

- 1 – 4 Rock R forward(1), hold(2), step L back(3), step R back(4)
5 – 8 Step L back(5), step R beside L(6), hold 2 counts(7-8) 12.00

Part C (64 counts)

Sec 1 : Step R Forward & Sweep L , Cross L, Recover, Side, Cross R, Recover, Side, Hold

- 1 – 4 Step R forward & sweep L from back to front(1), cross L over R(2), recover on R(3), step L to L(4)
 5 – 8 Cross R over L(5), recover on L(6), step R to R(7), twist upper body to ¼ R(8) 12.00

Sec 2 :Side, Side, ¼ Turn L Flick R, Rock R Forward, Recover, Sailor ¼ Turn R, L Forward

- 1 – 3 Step on L(1), step on R(2), ¼ turn L step on L flick R(3)(9.00) 9.00
(twist upper body to ¼ turn L & R(1-2))
 4 5 Rock R forward(4), recover on L(5) 9.00
 6&7 8 ¼ turn R Sweep R behind L(6), L on ball beside R(&), step R forward(7), step L forward(8) 12.00

Sec 3 : Rock R Forward, Recover, ½ Turn R, Full Turn R, R Forward, L Forward Shuffle, R Forward, Pivot ½ turn L, R Forward

- 1&2 Rock R forward(1), recover on L(&), ½ turn R step R forward(2) 6.00
 3&4 ½ turn R step L back(3)(12.00), ½ turn R step R forward(&), step L forward(4) 6.00
 5 6&7 Step R forward(5), step L forward(6), R behind L(&), step L forward(7) 6.00
 8&1 Step R forward(8), pivot ½ turn L step L forward(&)(12.00), step R forward(1) 12.00

Sec 4 : L Forward Shuffle, R Forward, L Rocking Chair, Rock L Forward, Recover, Side

- 2&3 4 Step L forward(2), R behind L(&), step L forward(3), step R forward(4)
 5&6& Rock L forward(5), recover on R(&), rock L back(6), recover on R(&)
 7&8 Rock L forward(7), recover on R(&), step L to L(8) 12.00

Sec 5 :Side, Recover, Behind Side Cross, Side, Hold, Side, Recover

- 1 2 3&4 Rock R to R(1), recover on L(2), step R behind L(3), step L to L(&), cross R over L(4)
 5 - 8 Step L to L(5), hold(6), rock R to R(7), recover on L(8) 12.00

Sec 6 : Cross R, Sweep L, Cross L, ¼ Turn L, ¼ Turn L, Side, Cross R, Recover, Side, Cross

- 1 - 4 Cross R over L(1),sweep L from back to front(2), cross L over R(3), ¼ turn L step R back(4) 9.00
 5 6&7 ¼ turn L step L to L(5)(6.00), cross R over L(6), recover on L(&), step R to R(7) 6.00
 8 Cross L over R(8) 6.00

Sec 7 : Side, Back Rock, Recover, Side Rock, Recover, L Forward Shuffle, ½ turn L Sweep R, Touch

- 1 - 5 Step R to R(1), rock L back(2), recover on R(3), rock L to L(4), recover on R(5)
 6&7 8 Step L forward(6), R behind L(&), step L forward(7), ½ turn L sweep R from back to front(8) 12.00

Sec 8 : Prissy Walk R Forward, Hold, Prissy Walk L Forward, Hold, Sway R L R L

- 1 - 4 Cross R over L(1), hold(2), cross L over R(3), hold(4)
 5 – 8 Sway R L R L(5-8) 12.00

Tag 1 : Rock R Back, Recover, Side, Together

- 1 – 4 Rock R back(1), recover on L(2), step R to R(3), L together R(4)

Tag 2 : R Rocking Chair, Side, Together, Hold 2 Counts

- 1 – 4 Rock R forward(1), recover on L(2), rock R back(3), recover on L(4)
 5 - 8 Step R to R(5), L together R(6), hold 2 counts(7-8)

Note:;You may dance with your own attitude...please enjoy the dance !!!

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